

<b>May 2019 Monday</b>	<b>Congregate Meal Program Tuesday</b>	<b>Suggested Donation \$2.25 Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<p>1) <b>Pulled Pork</b> w/golden BBQ sauce, sweet potato wedges, corn chowder, crackers, honeydew &amp; burger roll Cal: 657; Sod: 1113 <b>Café: Grilled Ham, Tomato &amp; Cheese w/ pasta salad</b></p>	<p>2) <b>Stuffed Pepper</b> w/rustic tomato sauce, au gratin potatoes, coconut cake &amp; dinner roll Cal: 866; Sod: 1061</p>	<p>3) <b>Cheese Omelet</b> w/ketchup, roasted potatoes, baked apples, yogurt, juice, snack n loaf Cal: 645; Sod: 692 <b>Café: Beef Stroganoff w/a crusty roll</b></p>
<p>6) <b>Chicken Cacciatore</b> w/pasta, spinach, applesauce &amp; whole wheat roll Cal: 722; Sod: 719</p>	<p>7) <b>Mac &amp; Cheese</b> w/stewed tomatoes, hearty veggie soup, crackers, yogurt, juice &amp; oatmeal bread Cal: 628; Sod: 713</p>	<p>8) <b>Hot Dog</b> w/mustard, relish, coleslaw, baked beans, mandarin oranges &amp; hot dog roll Cal: 773; Sod: 1328 <b>Café: Cheeseburger w/tater tots</b></p>	<p>9) <b>Mother's Day Special</b> Broccoli &amp; cheese stuffed chicken w/ roasted carrots &amp; dill, whipped potatoes, strawberry shortcake &amp; multi grain bread Cal: 823; Sod: 1319</p>	<p>10) <b>Beef Stew</b> w/peas &amp; carrots, mashed potatoes, fresh fruit &amp; pull apart roll Cal: 720; Sod: 591 <b>Café: Marinated &amp; Grilled Balsamic Chicken &amp; veggies over rice pilaf</b></p>
<p>13) <b>Meatball Stroganoff</b> w/ steamed beets, buttered noodles, cantaloupe &amp; snack 'n loaf Cal: 724; Sod: 666</p>	<p>14) <b>Hoisin Chicken Stir Fry</b> w/ fried rice, Asian veg blend, chilled pineapple &amp; whole wheat roll Cal: 600; Sod: 920</p>	<p>15) <b>Beef Pot Pie</b> w/whipped potato, chocolate pudding &amp; oatmeal bread Cal: 751; Sod: 814 <b>Café: Stuffed Peppers &amp; side salad</b></p>	<p>16) <b>Lasagna</b> w/marinara sauce, broccoli, kale &amp; white bean soup, crackers, raisins &amp; Vienna bread Cal: 629; Sod: 841</p>	<p>17) <b>Potato Pollock</b> w/tartar sauce, roasted red bliss potatoes, tomato soup, crackers, fruit crisp &amp; wheat bread Cal: 813; Sod: 1013 <b>Café: Chicken Pot Pie filled w/ chicken, gravy &amp; mixed veggies</b></p>
<p>20) <b>Lemon Chicken Picatta</b> w/ fruit compote, pasta, strawberry cup &amp; oatmeal bread Cal: 780; Sod: 813</p>	<p>21) <b>Meatloaf</b> w/gravy, whipped potatoes, lentil soup, crackers, jello &amp; snack n loaf Cal: 1015; Sod: 1075</p>	<p>22) <b>Chicken Cordon Blu</b> w/supreme sauce, green beans, steamed potatoes, cantaloupe &amp; Vienna bread Cal: 700; Sod: 1050 <b>Café: Meatloaf w/mashed potatoes &amp; corn</b></p>	<p>23) <b>Beef Shepherd's Pie</b> w/roasted butternut squash, chocolate cake &amp; wheat bread Cal: 700; Sod: 1050</p>	<p>24) <b>Stuffed Shells</b> w/marinara sauce, roasted cauliflower, minestrone soup, crackers, peaches &amp; wheat dinner roll Cal: 637; Sod: 1175 <b>Café: Chicken Chop Suey Sandwich w/oriental noodle salad</b></p>
<p>27) <b>Memorial Day Senior Center Closed</b></p>	<p>28) <b>Travel Chef American Carvery</b> Roast Beef w/ horse radish cream, pan gravy, baked potato w/sour cream, green beans, pound cake w/mixed berry sauce &amp; parker house roll</p>	<p>29) <b>American Chop Suey</b> w/garlic spinach, yogurt, juice &amp; wheat bread Cal: 692; Sod: 686 <b>Café: Summer Roasted Vegetable &amp; Chicken Corn Chowder w/roll</b></p>	<p>30) <b>Pulled Pork</b> w/BBQ sauce, coleslaw, sweet potato wedges, brownie &amp; burger roll Cal: 885; Sod: 1408</p>	<p>31) <b>Roasted Turkey</b> w/gravy, whipped potatoes, butternut squash soup, cranberry sauce, chilled fruit &amp; oatmeal bread Cal: 770; Sod: 968 <b>Café: French Dip Sandwich served w/Au Jus, chips &amp; a pickle</b></p>